

Just Do It

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Kelly Hinds (AUS)
音乐: Put Your Heart Into It - Sherrié Austin



HIP BUMPS, SHUFFLE, SHUFFLE

1-4 Step right foot to side & bump hips right-left-right-left
5&6 Shuffle forward left, right, left
7&8 Shuffle forward right, left, right

HIP BUMPS, SAILOR, SAILOR

9-12 Step left foot to side & bump hips left-right-left-right
13&14 Cross right behind left, step left to side, step right to side
15&16 Step left behind right, step right to side, step left to side

UNWIND, PIVOT, TOE STRUT, TOE STRUT

17-18 Cross right foot across left, unwind $\frac{3}{4}$ to the left
19-20 Step right forward, pivot $\frac{1}{2}$ turn to the left
21-24 Step forward on right toe, drop right heel down step forward on left toe, drop left heel down

DOUBLE KICK, SHUFFLE, DOUBLE KICK, SHUFFLE

25-26 Kick right foot forward twice or hinge kick right forward
27&28 Shuffle forward right, left, right
29-30 Kick left foot forward twice or hinge kick left forward
31&32 Shuffle forward left, right, left

DOUBLE KICK BALL CHANGE, CANTER

33&34 Kick right forward, step right back, step left forward
35&36 Repeat above 2 beats
&37&38 Step right to side, step left to side, step right to center, step left together
&39&40 Repeat above 2 beats

DOUBLE PIVOT, TOE STRUT, TOE STRUT

41-44 Step right forward, pivot $\frac{1}{2}$ to the left, step right forward, pivot $\frac{1}{2}$ to the left
45-46 Right toe forward, bring right toe down
47-48 Left toe forward, bring left toe down

REPEAT
